

# ADVANCED COURSES OFFERED BY: Dr Vodder School International

Descriptions from **Dr Vodder School International**, have been edited for brevity. Gay Lee does not teach these courses.

\* For full descriptions and illustrations go to the Dr Vodder School International website at [vodderschool.com](http://vodderschool.com) then click **Health Care Professional Training** from the menu, then click **Advanced Courses**.

## **ADVANCED COURSES LIST:**

**Elastic Sports Taping 1-Day**  
**Advanced Creative Bandaging 1-Day**  
**Marnitz Therapy 1-Day**  
**Conscious Clinician**  
**Expert Garment Fitter 2-Day**

(All descriptions below)

### **Elastic Sports Taping For Lymphedema R. Coopee MOTR/L, CHT, MLD/CDT, CKTI**

What is Elastic Sports Taping and how does it affect Lymphedema? Elastic Sports Taping is a method that was developed by Dr. Kenzo Kase a Japanese chiropractor. It employs the application of a specially developed highly elastic woven cotton tape directly to the skin. As MLD therapists we know the importance of skin and the movement of skin in treatment of Lymphedema. More research is emerging regarding this fact (T Ryan, Lymphology 1999). Kinesio Tex Tape is adhered directly on stretched fascia and lifts the skin to create a negative interstitial pressure. During active physical movement it replicates the therapist's hands in directing the lymphatic flow toward a specific quadrant or lymph node area.

This full day laboratory class will provide the therapist with a comprehension of the underlying physiological mechanisms and ample lab application practice to assure proper application technique for lymphedema and venous insufficiency patients.

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### **Advanced Creative Bandaging**

The application of multi-layered bandaging requires patience, skill, and knowledge of the products. This workshop will emphasize the latest products and how to use them in a clinical setting for challenging patients. Circaid certification is offered as a part of this course. Instructor: Renee Romero, RN, BSN, MS, LMT, CLT-LANA.

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### **Marnitz Therapy for Patients with Lymphedema**

This 1-day course brings you an effective technique developed in Europe for treating patients with musculoskeletal problems and lymphedema. It is a deep tissue technique to relieve musculoskeletal problems and will significantly help your patients' muscle tension and postural problems and increases muscle hyperemia by over 200% without causing additional skin hyperemia. Andreas Wittlinger, PT, will lead this class. He is the director of the Rehabilitation Department of the Dr. Vodder Schule – Walchsee and is an experienced practitioner of Marnitz Therapy.

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## **Conscious Clinician Sara A. Nelson, PT, MOMT, CHT, CDT-Vodder, CLT-LANA**

Improving patient compliance and assisting your patients to wellness through the practice of a lymphedema self care program. Advance your practice in the evaluation and treatment of the complex lymphedema patient. Various principles of practice of the master clinician, such as differential diagnosis, identifying and working with behavioral limitations, and developing an integrative approach will be discussed. Labs will include experiential practice of concepts. Case studies will be presented to facilitate effective treatment planning. This is an interactive course that will provide lecture, discussion, and experiential activities to encourage participants to integrate this information into the development of customized programs to enhance the quality care of their patients.

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## **Expert Garment Fitter**

With Angela Vollmer, Orthopedic technician and world – renowned garment fitting expert from Germany. This is the course many therapists have been requesting. Learn all the skills and tricks from an expert so that you too can become a highly skilled garment fitter. The two day course will equip you and certify you, through BSN medical to fit garments accurately for patients with lymphedema. This is the first course of its kind in North America and will be limited to 14 participants. Register now to secure your place.

An Expert Garment-Fitter certificate will be provided by BSN medical at the completion of this course.

CE credit CMT of BC : 14 PE/A2 credits <http://www.bsnmedical.ca>

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